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WAYS TO CONNECT MORE DEEPLY WITH YOUR HIGHER SELF

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

One of the things that I love the most about modern meditation is that there are so many techniques that can help you connect with your higher self. There is no right or wrong way to meditate, there is only what works for you and what doesn't. It's all subjective. Here, I'll go over different ideas that may help you with your meditation practice. Remember, what works for some may not work for others, so I encourage you to try these and create your ideal meditation practice based on what works for you!

Sitting or lying down?

Throughout the past few years, I've tried different types of meditation and some are very strict about wanting you to sit up. However, that's not always the best way to go. Some people prefer to be seated during their meditation, as it helps them to be more present. Others prefer to be lying down, as it helps them to relax. The best way to find what helps you get more connected to your meditation and, inevitably, to your higher self, is to try both. I found that when I sit up during meditation, I collect tension in my lower head and upper neck no matter how much I try not to. This causes headaches and, more importantly, constantly takes me out of my meditative state. The perfect position for me is lying down with my head propped up with a comfortable pillow or two so I'm not completely flat. After trial and error, I found this position to be the one that easily allowed me to relax more deeply into my meditation.

Do you complete your preparatory process?

Some people require different techniques to feel comfortable diving deeper into their meditations. For instance, I need to feel gratitude to have a good session, so I focus a minute or two before my meditation on feeling a healing white light and expressing gratitude for everything good in my life. In the same way, I find it imperative to complete my Monroe preparatory process before meditating. If I don't use my Energy Conversion

Box before meditating, I can easily become distracted. If I don't participate in Resonant Tuning, I don't build enough energy to expand my consciousness, and if I don't use my Resonant Energy Balloon (REBAL) technique, I don't feel as protected as I should. So, find a good preparatory process that works for you before diving into your meditation. The right one will help you connect more quickly and deeply with your higher self. If you're not sure what works for you, give the Monroe preparatory process a try!

Guided or unguided?

Whether a meditation session is guided or not is a very important determining factor for me. I prefer some guided meditation sessions, while others work better for me without verbal guidance. If I have a clear goal in mind when I meditate, I prefer to go in without a verbal guide. However, if I'm in it to explore and follow a flow, I prefer the session be guided. Some people prefer all their meditation sessions to be guided while others prefer all to be unguided. Determine and use what works best for you, as that will help you more easily connect to your higher self. If you feel the need to play around with this, I find the Expand app's custom meditation feature extremely helpful.

All in all, there are so many ways to meditate, and no one way is right or wrong. To embark on a particularly deep or meaningful meditation journey, be open to trying a variety of methods.

What works best for you? If you are unable to answer that question, then now's as good a time as any to pick up your Expand app, play around, and discover your meditation preferences.